

1Cranberry Orange Bars 105

Number of Servings: 105 (36.82 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---|
| 5.00 | cup | Flour, whole wheat |
| 3 1/2 | cup | Sugar, brown, packed |
| 3 1/2 | cup | Cereal, hot, oatmeal, plain, quick, dry |
| 1 3/4 | cup | Wheat, germ, tstd |
| 3 1/2 | tsp | Baking Soda |
| 1 3/4 | cup | Applesauce, unswtnd, w/vit C, cnd |
| 1 3/4 | cup | Margarine, soft, safflower oil |
| 14.00 | ea | Eggs, whole, raw, lrg |
| 1 3/4 | cup | Cranberries, dried |
| 1 3/4 | cup | Nuts, walnuts, English, dried, chpd |
| 7.00 | Tbs | Orange Peel, fresh, grated |
| 7.00 | tsp | Spice, cinnamon, ground |

Nutrients per serving

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size (37g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 50 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 80mg | 3% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 2g | 8% |
| Sugars 9g | |
| Protein 3g | |
| Vitamin A 4% | Vitamin C 2% |
| Calcium 2% | Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Notes

*Liquid egg substitute may be used instead of eggs. Each 4 large eggs = approx 7 1/2 oz

*Raisins can be used instead of cranberries for variation

*Pecans or sunflower kernels can be used instead of walnuts for variation

*Dried orange peel may be substituted for fresh grated orange peel

Each serving = 1 bar = 17 grams carbohydrate = 1 Carb Serving

Each bar = 1 whole grain serving

Preheat oven to 350 degrees F

Each 2 cups + 1 T batter (15 servings) will fit into a 9X13" pan that has been sprayed with nonstick cooking spray.

For larger quantities, 2 9 X13" pans are similar to 1 12 X 20" pan.

Beat flour, sugar, oats, wheat germ, soda, applesauce, margarine in mixer until well blended. Add eggs, cranberries, nuts, orange peel and cinnamon. Spread into pan(s).

Bake 15 minutes or until firm to touch. Cool. Cut into 15 bars per 9X13" pan or into number of bars the recipe yields.